

# Baked Roast

Roast is a comfort food. Well cooked meat melts in the mouth, and vegetables are baked to perfection. The aroma of baking roast is comforting on the cold days of spring and fall, and it's delicious reheated the next day. Store bought roasts used to be twice the size they are now and could feed two people for four days.

## Pre Cook Preparation:

Marinate: 1 to 2 hours in the fridge

Honey and garlic sauce, or

Barbecue sauce

A. Timer set to thaw meat for about 4 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 2 hours later, when meal should be ready to eat

## Meal Adaptations:

### Physical Accommodations:

Long oven mitts and oven rack puller

Electric knives to slice the meat. Some stores will slice it for you before you take it home.

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

### Visual Accommodations:

Roast can be sliced either in the pan, or on a plate, whichever reduces the mess

Use colored chopping boards

## Potential Food Allergy or Intolerance:

Butter (lactose)

Beef

Pepper

Spices

Mushrooms

## Meatless Preparation Avoid:

Beef

Butter

Substitute with: \_\_\_\_\_

**Utensils:**

Fork

Carving knife

Pot holders

Steak knife

Pan:

Glass or ceramic oven safe dish with a lid, as large as the meat

Preferred choice: table top oven roaster. They come with directions. Cooking time is far less. Also, they expend far less heat into your home so can be used comfortably, even during the summer.

**Ingredients:**

**Meat:** Choose one 5 pound package of:

Bottom round roast

Chuck bone pot roast

Chuck pot roast

Eye round roast

Rib roast

Ribeye roast

Round tip roast

Shoulder pot roast

Sirloin tip center roast

Tenderloin roast, or

Tri tip roast

**Vegetables:** Choose 2 or 3 of:

15 ounces of carrots

15 ounces of celery

15 ounces of green beans

15 ounces of potatoes

**Other ingredients:**

1 tablespoon of butter

Dash of salt

Spices such as pepper to taste

**Preparation Time:** 20 minutes

**Preparation:**

1. Slice carrots, potatoes, and green beans.
2. Place meat in pan.  
It will shrink when cooked. However, to verify it cooks evenly, use a pan as large as the meat is to begin with.
3. Add enough water to cover the bottom of the pan. Not enough to cover the steaks.
4. Add vegetables around the meat, not on top.
5. Add another dash or 3 of salt to the pan.
6. Place pan in oven.

**Note:** Oven time and temperature may vary based on your location and the age of the oven. Also, gas and electric work very differently. In a roaster, the food is placed directly in the pan that comes with it.

**Cook Temperature:** 350 degrees

**Cook Time:**

Oven: 2 to 2.5 hours

Roaster: Check the booklet that comes with it. Cook time is based on roast weight and temperature. May be as low as one hour.

Another note: If you add vegetables in the same pan, it may take longer to cook.

**Servings:** Depends on post cooked weight, should be 4 or more servings.

**Storage Solutions:** Individual square containers, with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

## Reheat Instructions:

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.